



C.G.H.
ALUMNAE LIFE

1948

OUR ALMA MATER



"Your Alumnae should create for you, a centre of memories and interest, and should strengthen your desire to keep in touch with the progressive march of your profession."



Fifty Years

A TRAINING SCHOOL

1898 - 1948

EDITORIAL

The Year Book is dedicated to the FIFTIETH ANNIVERSARY of our Training School.

The article "The Good Old Days" contributed by a group of older Graduates, will recall to the minds of our senior members some of their happier days in training. Sheila MacKay Russell has depicted the "march of time" in her article "Past, Present and Future," she ably describes the improved working and living conditions provided for today's student nurses. (Let us all watch for Sheila's novel, "A Lamp Is Heavy", which is soon coming off the press. Let each graduate own one with pride.)

As editor, I ask all of you to do your part in making our annual year book interesting and successful. I appeal to the nurses out of town, particularly those working in foreign fields, to keep us posted as to what you are doing, a short letter or article would be appreciated, and printed to inform your friends and classmates as to your activities.

An editor's task is not an easy one, particularly when undertaken at such a late date, but the burden was not too heavy with everyone so ready to help when asked. To all contributors I say "THANK YOU".

SEASON'S GREETINGS TO ALL.

Sincerely,

MARGARET E. PILLIDGE, (Carpenter '31)



Dear Fellow Members:

This year, 1948, as your President has been a most enjoyable year for me. It has really been a pleasure. Everyone has been most helpful and friendly. I feel I know many more of you and have greatly benefitted from this year.

We have had a good year with some very interesting meetings, with a large attendance and excellent programmes. Our January Annual Meeting, our February party, when we entertained the 1948 Graduating Class, making and dressing the girls up in paper gowns. We were really amazed at some of the beautiful frocks from Dennison's Crepe Paper Co.

Our March meeting was a busy one, with Graduation and the Banquet coming late in April, followed the next week with our Ice Carnival.

We sponsored the first two nights of the Ice Cycles and it was really a grand show. This year, we sponsor the Ice Cycles one night, Tuesday, February 1st, 1949. Do let us make this a sell out night.

This fall our financial situation has held our attention at all meetings; we have tabled this until our January meeting. Of course, we had Santa Claus at our December party with lots of fun.

We do look for you out of towners to our meetings, when you are in Calgary. Do let us know before the meeting starts, (if possible) that you are with us, then we can let the rest of the girls know you are there.

You have had an excellent executive this year. All the girls have worked very hard, and have put a lot of time and thought into all the work done. Much credit is coming to them. On behalf of them, and myself, we wish you a very Merry and Happy Christmas and a Brighter more Prosperous New Year.

The best of everything to you all.

Sincerely,

IRENE WILSON (Kinney '34)



Dear Fellow Graduates:—

As rosemary is the symbol of remembrance, let us on this Fiftieth Anniversary take time to recall to mind all those who have participated in adding to the renown of our School, and in looking backward, how our troubles and sorrows were lightened by the kindness and thoughtfulness of our fellow graduates and our joys and happiness trebled in sharing.

May the Yuletide Season bring to you and yours, a full measure of good health and happiness.

Sincerely,

A. HEBERT.



To the Alumnae of the Calgary General Hospital:

On this, the Fiftieth Anniversary of the graduation of the first nurse from the Calgary General Hospital, a great deal of justifiable pride can be felt by your Association. The total number of graduates in the half century was 1,137, which is no mean achievement for any nursing school.

Your hospital, founded in 1890, antedated your training school by five years. In 1891, one hundred and twenty-seven patients were treated. In 1947, over thirteen thousand patients were treated, which included 5,671 operations and the birth of 1,672 babies.

Your school had two full time instructresses in 1938 and now has four. The total number of graduate nurses on the staff in 1938 was twenty with one hundred and ten nurses in the school. Now there are sixty-eight graduate nurses on the staff and one hundred and eighty-nine nurses in the school.

Your Hospital had nine beds in 1890, twenty-three beds in 1895, and has now three hundred and sixty, including the Isolation Hospital. There are still hopes that in the not too distant future, we will have a new hospital commensurate with the size and needs of the people of the City of Calgary today.

Your influence toward your hospitals' needs is a great force in the community. Let me ask you to use it well. Our training school attracts a fine type of young womanhood each year, and we not with a great deal of satisfaction that there are always two or three whose mothers were graduates of this hospital. No finer compliment could be paid any Alma Mater by a graduate.

For our part, I can assure you all of our staff will continue to do everything in our power to make this a "good hospital"—in the care of the patients and in the training and welfare of the students in our Nursing School.

May I also send my wishes for a Happy Christmas and a Prosperous New Year.

J. D. HEASLIP, M.D.,
Medical Superintendent.

PAST, PRESENT AND FUTURE

by Sheila MacKay Russell ('42)

One need only peruse Dr. Heaslip's figures elsewhere in this edition of the year book to gather some idea of the striking advances made by the Calgary General during the past fifty years. But her progress has not been confined to the medical and treatment fields alone. Of particular interest to the alumnae of the Training School is her steady march forward in social improvements in the nursing field. These have been as gratifying as her progress elsewhere and they give fair promise that our Alma Mater will be a leader in the vital and inevitable changes which are just around the corner in the future of the nursing profession.

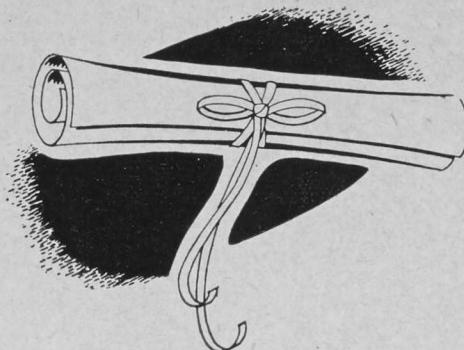
Fifty years ago, the weary ward nurse with her high, buttoned boots and her heavy head of long hair plodded through endless days of work on twenty-four hour call. Even twenty years ago, a day with a three-thirty occurred not oftener than every three to six months and was a rare treat. Today, the student, with her short, practical hairdo and her smart, fourteen inches-from-the-floor skirts, enjoys a full day of leisure every week. Most of us can remember the time, not so long ago, when we worked night shifts of anywhere from five to ten weeks with no time off for the duration. It was pretty gruelling, and the knowledge that those days are gone for ever from the General gives us deep satisfaction. Today, our night nurses luxuriate in a weekly night off, an innovation which lifts night duty out of the realm of the purgatory that it used to be.

We are bound to marvel, too, when we compare the living conditions of the past with those of the present. We smile reminiscently, but at the same time suppress a shiver, as we recall the old A and B Blocks with their draughty "dorms" drab wood-work and hard, iron-framed cots. Remembering the past, we are all the more thrilled and proud now to walk into the new B and D Blocks and the new, up-to-date teaching unit of the present. They are smart, those new nurses' homes, smart and comfortable. Their polished floors, soft lighting and modern furniture must make life seem considerably more worth living for today's student than it sometimes seemed to us in the old days!

Yes, our Training School has come a long way in fifty years.

And because it has come so far, I think we can safely assume that it will not be slow in going further. It can be proud of the present, but it will not rest on its laurels—now or ever—because there is always the future ahead with a whole new set of demands for continuous progress. Some of these will come from the nurses themselves, for the nursing profession is stirring, growing more unified, taking stock of itself and awakening to its mistakes and its deficiencies. It is admitting that it hasn't yet done its best for student nurses. Their load is a double one. They are still required, on top of their eight or nine hours a day of physical labor, to assimilate a heavy academic course. This must some day be changed and when, through research and experimentation, the way to do so has been found, the aid of all training schools will be sought in instituting it. We are confident that when that day comes, the Calgary General's response will be prompt and generous.

The pioneering spirit of our Alma Mater has borne her triumphantly through the vicissitudes of the past to the achievements of the present. It will, we trust, keep her well abreast of the progress of an enlightened future.



1948 GRADUATING CLASS



Miss Gladys Gilchrist
Miss Helen D. Hallam
Miss Wilma J. Irwin
Miss Lois E. James
Miss Eileen M. Johnson
Miss Frances M. Kennon
Miss Donalda M. Mills
Miss Elizabeth McGregor
Miss Vida M. McMillan
Miss Dorothy Palate
Miss Amy Philp
Miss Margaret Quantz
Miss Peggy Saunders
Miss Elizabeth Smyth
Miss G. Signe Vesterdal
Miss Jane Wardrop
Miss Evelyn Wheatley
Miss Josephine Yearwood
Miss Dorothy Barker
Miss Enid Bennett
Miss Mary Boake
Miss Maxine Burroughs
Miss Fern Campbell
Miss Shirley Cullen
Miss Lorena Custead
Miss Edith Deslandes
Miss Donna Desson

Miss Grace Drummond
Miss Laura Edwards
Miss Joyce Galbraith
Miss Eileen Green
Miss Elizabeth Groeneveld
Miss Ruby Guthrie
Miss R. Jean Hambling
Miss Dorothy Harbidge
Miss Betty M. Haymes
Miss Dorothy Hewitt
Miss Elizabeth Hickson
Miss Mary Huffman
Miss Isabel Jack
Miss Dorcas Johnson
Miss Eyvonne Lewis
Miss Louise MacKie
Miss Irma Mitchell
Miss Isabelle MacKenzie
Miss Sarah McMullen
Miss Joyce Potter
Miss Marion S. Robertson
Miss Elizabeth Romeril
Miss Mildred Thomassen
Miss Catherine Underhill
Miss Myrtle Walker
Miss Hazel E. Warren

In Memoriam

Shall we pause here for a moment as we remember with reverence those who have gone from our ranks, and will not return.

Mrs. N. Cooke (Livingston '17)

Miss Helen Phillip (1925)

Miss Una Dale (1923)

Mrs. T. Gutterud (Cyr '22)

MARRIAGES



1948

- | | |
|---|--|
| Mrs. E. Lloyd Patriquin (B Jenkins '47) | Mrs. Arthur Harden (E. Peel '46) |
| Mrs. Andrew Little (V. Julson '46) | Mrs. Chas. Swain (P. Foley '47) |
| Mrs. Norman Wagstaffe (D. Morris '46) | Mrs. C. J. Stewart (A. Sanden '27) |
| Mrs. David Montgomery (G. Butler '43) | Mrs. E. Berryman (H. Yearwood '46) |
| Mrs. Jack Dougherty (L. Russell '47) | Mrs. Frank Synder (D. Hicks '47) |
| Mrs. Wilfred Dougherty (J. Miller '47) | Mrs. R. J. Tregillus (E. Robertson '37) |
| Mrs. George Ruschner (M. Clark '32) | Mrs. F. J. Simard (G. A. Hagg '47) |
| Mrs. Robertson (Richmon '41) | Mrs. D. F. Papworth (L. Kelly '47) |
| Mrs. N. L. Smith (P. Craig '40) | Mrs. J. Murray (K. Little '44) |
| Mrs. E. W. Wray (R. Carlson '46) | Mrs. A. M. Patterson (M. Armstrong '47) |
| Mrs. Albert Lust (M. Lisson '42) | Mrs. K. R. Plohl (E. Ball '47) |
| Mrs. Douglas Lord (C. Giles '44) | Mrs. Jack Elsie (P. Hairsine '40) |
| Mrs. G. E. Harrison (I. Sefton '46) | Mrs. Wallace Pillidge (M. Carpenter '31) |
| Mrs. L. K. Christofferson (Y. Head '46) | Mrs. Arthur Davies (Boake '48) |
| Mrs. C. S. Fletcher (D. Crowle '46) | Mrs. John McNaughton (C. Yellowlees '44) |
| Mrs. Wm. Campbell (Anderson '46) | |

BIRTHS



1948

Mrs. D. Brandon (A. Burwash '35)	Girl
Mrs. L. Nelson (Neilson '43)	Boy
Mrs. M. Hall (E. Blackwood '41)	Boy
Mrs. S. J. Gregory (C. Linton '45)	Girl
Mrs. T. Slater (R. Poile '31)	Girl
Mrs. N. Laut (M. Box '44)	Girl
Mrs. H. Gifford (B. Deeg '41)	Boy
Mrs. W. H. Tuz (M. Hodgson '39)	Girl
Mrs. J. Bishop (E. Gaunce '45)	Girl
Mrs. E. S. Burvill (K. Moore '40)	Boy
Mrs. A. H. Muddle (Langley '38)	Boy
Mrs. A. B. Amundsen (E. Lewis '45)	Boy
Mrs. N. Robertson (Richmond '41)	Girl
Mrs. R. Pow (J. Dawson '40)	Boy
Mrs. A. Code (D. Hughes '44)	Boy
Mrs. V. J. Crouse (E. Hahn '37)	Boy
Mrs. J. Plant (M. Wright '33)	Boy
Mrs. A. S. Anderson (V. Bounds '43)	Boy
Mrs. R. H. Thompson (H. Pain '38)	Boy
Mrs. D. G. MacKenzie (J. Batrnum '46)	Boy
Mrs. E. P. Davies (V. Sinton '46)	Girl
Mrs. C. E. Glover (E. Hunter '30)	Boy
Mrs. A. McGraw (H. Glass '29)	Girl
Mrs. N. Fox (H. Clark '41)	Boy
Mrs. L. Crawford (L. Doten '44)	Boy
Mrs. Chas. Newmarch (B. Farnsworth '44)	Boy
Mrs. A. Lunde (E. Nerland '44)	Boy
Mrs. S. H. Paston (Hepburn '34)	Girl
Mrs. Harry Mills (Brown '35)	Girl
Mrs. R. Pollard (I. Thompson '37)	Boy
Mrs. J. B. Garland (Pearson '42)	Girl
Mrs. A. Little (V. Julson '46)	Girl
Mrs. J. Dougherty (L. Russell '47)	Boy
Mrs. W. G. Rook (Maida Lea '38)	Girl
Mrs. D. Gray (Milnes '43)	Girl
Mrs. H. C. Bond (Larsen '45)	Girl

In Memoriam



Dr. W. E. Saunders

With the passing of Dr. Saunders we lose one more of those valuable men who have helped to make the medical profession an honorable and respected one. During his associations here he gathered unto himself a wide circle of people who all sincerely mourn his loss and with every good reason. He was not only interested in the disease the patient suffered from, he was also interested in their family, their likes and their dislikes, and they placed their confidences in him knowing well that they were safe in his keeping. He started his practice of medicine in the horse and buggy days where a real man learned that he could not get his own food or rest until his horse was attended to first. He carried that same thought through life and did his best to see that his patients were comfortable before he looked after himself.

He made a wide circle of friends amongst his medical associates and the nursing staffs and individual nurses with whom he came in contact. He was the true general practitioner. The type of man the medical profession can ill afford to lose.

—Dr. L. S. Mackid.

(Kind permission of Student's Year Book)

DR. JOHN SINCLAIR McEACHERN, O.B.E., died on December 8th in hospital following a lengthy illness. Born in Simcoe County, Ontario, in 1873, Dr. McEachern taught school in Ontario before entering the University of Toronto. He graduated from Trinity Medical College in 1897 and was gold medalist in his class. He practised medicine in Ontario before going West to Calgary. In June, 1947 he was awarded an honorary life membership by the Canadian Cancer Society, in recognition of his work in the fight against cancer. In 1935 he was awarded the King George V Silver Jubilee medal for humanitarian service. He also had won the Doctor Starr award for valuable contribution to the advancement of medicine.

Dr. McEachern was largely responsible for the formation of the Canadian Society for the Control of Cancer, later renamed the Canadian Cancer Society. He was president of the Society from its formation in 1938 until he resigned in 1944. Dr. McEachern was prominent in the work of organized medicine, and served as President of the Association in 1934-35. He later became chairman of the Association Study Committee on Cancer, spending many months in travelling throughout Canada to form a nucleus for the Dominion Society.



DR. WALTER S. QUINT, B.Sc., M.B. (Toronto)

The General Hospital lost an esteemed Radiologist with the passing of Dr. Walter S. Quint, B.Sc., M.B. (Toronto), on April 21st, 1948. Our sincere sympathy is extended to Mrs. Quint and the family.

Dr. Quint graduated from Dartmouth University, New Hampshire in 1912, with the degree of Bachelor of Science. He commenced his medical course in Heidelberg, Germany, but had to return to America at the beginning of the first great war. He continued his studies at Columbia University and Toronto University where he graduated in medicine. He went overseas as a member of the American Ambulance Corps and later joined the Canadian Medical Corps. On his return to Canada he became Instructor of Pathology at the University of Toronto. In 1923 he came to Calgary as Radiologist with the Associate Clinic. A short time later he began his own practice as well as taking charge of the X-Ray department at the Belcher Hospital. In 1932 he took charge of the X-Ray department of the General Hospital. We remember his witty mannerisms and nimble feet as he took any and all situations well in hand. Dr. Quint was also a valued member of the Cancer Clinic until his untimely death.



News From Our Globe Trotters



St. Luke's Hospital,
Manila, Phillipine Island.
June 6, 1948.

Dear Fellow Members of our Alumnae Association:

I just returned from vacation to find a delightful surprise. Among my waiting mail was a card announcing that I would receive the Ladies' Home Journal from the Calgary General Hospital Alumnae Association. Not only that but the first copy was there also. I cannot tell you how very much I felt about it all but am going to try. But first, thank you all so very much for your remembrance of me and this good gift.

There comes a time I believe to all of us when we look back with longing and aching for some of the old times and especially old friends. I was very much in that mood at the time I received the card. This term has been far from an easy one. Everyone said "you returned too soon, you did not have sufficient rest", but I felt that could not be true for I had six months complete rest. But on my trip I found it very true. I met many other people who had been in Concentration Camp with me, and they were feeling as bad if not worse than myself. And they all say it will take many years to get over what those years did to us. It did something which is difficult to explain but certainly left a good mark. No doubt many others especially in England are, and will suffer the same. However it is not so serious, and as I am so much better than a year ago I feel that I should "snap out of it" soon. One of the symptoms (if one may call it so) seems to be "homesickness" and a lonesomeness unspeakable. There have been days that I felt I must get the next boat home! So your kind remembrance could not have come at a better time, proving to me that I did have all my good friends at home yet.

Don't misunderstand me, I have no regrets that I have returned. There was much to be done and I was truly needed. However I have got the department well organized and feel that they can carry on quite nicely now without me. What made me realize mostly how much has changed was the other day a new Graduate was sent to me and she had not been in the department for 14 months and she could not get over all the changes, and feels that she has to start learning all over again. I go back to the days when I was in the O.R. teaching, for I have done so much of the same, as many of our girls have left, some to America, others to new jobs. So it has meant a great turnover of staff. But it makes it easier to get over new ideas. I have a Central supply room separate from the O.R. for we have such limited space and they take care of all the sets, e.g., venoclysis, etc., and soon, I hope, they will have the linen and gloves. We are very fortunate to have an excellent staff of doctors and our Surgery is right up to date. Our doctors are very up to date also. Most having been to the States some at John Hopkins. So you see I am not exactly in the "backwoods".

I spoke of returning from vacation. This year I went south. That is where the real tropical country is to be seen. Mostly coconut plantations and sugar cane. Beautiful sunsets and sunrises with such vivid colouring. I flew most of the way until I could take no more and returned by boat for which I was very glad, for the boat stopped at many ports which were most interesting.

Well I could go on and on but I will be tiring you all. But it has been nice to have a chat with you all. I am passed my half time and will be due for furlough in March 1950 when I will hope to meet you all again.

I do want to also express my thanks for the bulletins. I read every word and of course watch for news of all I knew up to 1934. I am proud of our Association and what you are doing, and have always been thankful for what the Calgary Hospital gave me.

My very best wishes to you all, and again thank you.

ELLA FOERSTEL, '24.

Greetings From Nicaragua.

Dear Members of the C.G.H. Alumnae,

I have just closed a busy day with about 30 patients attended to. We have a bad epidemic of dysentery right now. I've been making up quarts of bismuth solution. With that and sulfasuxidine we are getting along fine. I had 30 babies in last Monday, who had taken ill over night. It's a great thrill to have a lovely dispensary where these poor souls may come for medicine. Otherwise these babes would just die.

Now I must thank you for the subscription which you have sent for the "Ladies Home Journal." The first copy came last week. I do appreciate your kindness so much. My pal and I love to read it. We even get a new pattern for a dress now and again, although the new look wouldn't go in the mud right now.

Again I say "Thank You" and surely appreciate your thinking of me.

Adios hasta brego, Sincerely CORA C. WALKER.



Excerpts From A Letter By Marjorie Pinchbeck

The job is going pretty well, and I'm enjoying myself very mucr. Last year I used to wonder which was the harder, being the student or the teacher. I know now. At least when you are a student you can cut classes, and not bother with assignments hoping you won't get caught! I must be improving though. When I first started lecturing I had difficulty getting enough material to last the hour. Now I have too much.

McMaster really has the college spirit—at least if you can call freshmen initiation college spirit. The boys had to wear long underwear. short pants, Mac hats on backwards, carry umbrellas and they were paraded into Dundas clad only in pyjamas. The last day they had to engage in a rotten tomato fight.

Mac and the Ontario Agricultural College at Guelph are great rivals. They usually start off the rugby season, and apparently it is traditional for the Aggies to invade our campus before the game and paint O.A.C. over everything paintable. This year Mac stole a march on them. Some of the boys stole up one evening, painted one of their prize cows in maroon and silver grey (our colors) then turned it loose in the men's residence.

I had about 10 days off this summer and I spent it on a fruit farm. Yes, I worked and I've never been so dirty in my life. I have a friend who owns a farm right on the lake and just a few miles from Niagara Falls. She needed help and I needed fresh air and exercise so we got together. I can now drive a tractor and a truck, know how to pack fruit for the farm and factory etc, etc. The swimming was great, and the fruit delicious.

I'll be in Toronto for a couple of weeks in November, marking R.N. papers. I had the great honor (?) of setting one of the papers this year. There are over 1000 writing. I shall undoubtedly be cross-eyed by the time I get through them all.

Sincerely, MARJORIE.

VALENTINE PARTY

The February meeting took the form of a party at which thirty eight senior students were our guests.

Those who had artistic ability, originality and a flare for dressmaking were in their element for the main feature of the program was a Crepe Paper Dressmaking Contest. Two Alumnae members acted as artists and each pair had one student as a victim. We say victim because it took courage to stand patiently while two females, in competitive mood, armed with scissors, glue, paper and pins, attacked you in order to fit you out in a weird costume, the fruit of their imaginations. Fortunately there were no casualties reported—they must have suffered in silence.

As we write this account, several months later, we recall the Fashion Show which was the final event of the program. Some results were almost beautiful, some were pathetic (I never made a dress before) and some showed what a sense of humor can do (e.g. Miss Bag).

Of course we had refreshments, delicious and abundant prepared by our Refreshment Committee members.

To Mrs. N. J. Moore who convened our Program Committee this year we give our thanks for a happy evening and for arranging a different type of entertainment. Long may she convéné!



OUR NURSES

How splendid are our nurses,
Who tend the sick with care,
No stronger towers, no fairer flowers
Than these are anywhere.

Theirs is a work of mercy,
A service to mankind;
'Tis not their aim in halls of fame
To have their names enshrined.

They seek to do their duty,
To fight pain and disease,
To use their skill, nor cease until
They conquer over these.

Upon such worthy servants
Courageous, staunch, and true
We should always bestow the praise
They are entitled to.

J. MOIR, Calgary

ANNUAL ALUMNAE BANQUET

Our 13th Annual Banquet in honor of our 50th Graduating Class was held in the Palliser Hotel on April 27th, 1948. Mrs. A. E. Wilson (Kinney '34) our 1948 President welcomed the new Graduates as Alumnae members, 59 in the Graduating Class.

On behalf of the Alumnae for the 50th Anniversary of the School, presented a resuscitator and a gift of \$1000.00 to be used for the new hospital. This was presented to Mrs. T. L. O'Keefe (Barrett '24) as a member of the Hospital's Board.

Among the guests were Miss Mary Pinkham, O.B.E. whose family were most instrumental in building our first General Hospital. Miss Rae Chittick, President of our Canadian Nurses Association. Mrs. S. Russel '29, who proposed the toast to Absent Members. Mrs. I. Gibson '19?? brought greetings from out of town.

Decorations of all the tables carried the theme of our 50th Anniversary. Red and yellow tulips, miniature birthday cakes, red and gold programmes and a three-tiered cake on the head table. Mrs. E. Straker, (Shirley '25) sent us dozens of red and yellow tulips which we used lavishly. They were beautiful and we thank her again. The flowers later were sent to our sick members at the San. and the hospital.

There were fifty out-of-town members. Among whom were Miss Souice Arnold ('24) of Santa Barbara, and Miss Louise Annabelle ('24) of Roseberg, Oregon. This was their first Banquet.

Mrs. E. B. Hall represented the Spirit of Florence Nightingale for the Big Sister, Little Sister ceremony which is always impressive. We had a wonderful programme. Miss Jean McFarlane sang two solos. Mrs. R. Cunniffe (Paterson '33) as Madame Ritzi Korsetove was a riot. And a skit "Do You Remember", by Mrs. T. S. O'Keefe and Mrs. J. McIntyre (Moon '32) a throwback on incidents of hospital training was hilarious. Everyone had fun. There were 343 members present.

BERNICE PORTER ('41)
November 5th, 1948.

IN THE NURSES' HOME TODAY

Each year since 1943, each Graduating Class has left a gift to the Nurse's Homes for the use of the students. The gifts are bought with excess funds from the class's treasury and each class has chosen the gift. The following are the articles which are being used every day by the nurses:

1943—A silver tray and silver tea service in "D" Block sitting room.

1944—The floor-length mirror at the entrance to "D" Block and a record player and supply of records also in "D" Block.

1945—The piano in "D" Block sitting room.

1946—A gift of money which has been used for equipment for the Lecture Room.

1947—A combination radio and record player in "B" Block sitting room.

1948—As yet is undecided but plans are being made for a gift.

Every sitting room in the three blocks is equipped with a radio and piano and I know all the students appreciate these. Let us hope this tradition is carried on in the years to come.

ROBERTSON '48.

ICE CYCLES – 1948

On April 29th and 30th, 1948 we had the opportunity of sponsoring the Ice Cycles of 1948. It was a grand show and I am sure everyone is looking forward to the event this coming winter.

Our Alumnae made a profit of \$1075.91 and had very little expense, \$8.70 to be exact. I am sure there is no easier way to build our nest egg.

This year the money from the Ice Carnival is more important than ever. We urgently need funds, over and above our running expenses. Hence we ask you to put your energy into making your ticket selling effort really worthwhile. We are dreaming of a new hospital, with new things for us to do to keep up our old tradition.

Let us look back over the years and bring into view our original aims and objectives, which appear to be forgotten and deeply buried under a multitude of trivialities.

The Alumnae was formed with the following objectives in mind:

1. To keep us together as an active, friendly body; working in the interests of our School and Nurses.
2. To furnish the little niceties for the Student Nurses and provide "extras" for the hospital.

Let each nurse as the "Carnival" date approaches, put aside all feelings of selfishness and work towards the fulfillment of the aims of our Alumnae.

FOOD PARCELS OVERSEAS

This year finds our Alumna continuing to send food parcels to our adopted English nurses Miss Lawrence and Miss Horn. I wish you could read the appreciative letter each nurse writes after receiving a parcel.

It has been decided to send bigger and better parcels at quarterly intervals, rather than one a month to cut down on postage in the future.

Thanking you all for your co-operation and support of the food showers.

RUBY ELDER, (Gremm '42)

REPORT OF THE SICK VISITING COMMITTEE

Mrs. Boyd reports that she has made fifty-five visits during the year to sick or bereaved nurses of our Alumnae. This is an understatement of the work done by Mrs. Boyd and her committee, Misses Porteous and Cumming, each visit has been accompanied by flowers, a gift, or a message of sympathy, done so sincerely and ably by Mrs. Boyd. We extend our sincere thanks and appreciation to the Sick Visiting Committee for their untiring efforts.

"Flowers have an expression of countenance as much as men or animals; some have a sad expression; some are pensive and diffident; others again are plain honest and upright, like the broadfaced sunflower and the hollyhock."

—Henry Ward Beecher.

THE GOOD OLD DAYS . . .

Who Remembers These? Times Have Changed!

In the old General Hospital—sterilizing was done in a large steamer over an electric stove . . . O.R. and whole hospital up to date today. In the early days of the new Hospital, forty diet kitchen trays were served; these were kept warm by one lectric plate . . . The days when theatre or dinner parties were only allowed when a chaperone was along, Miss Murphy and Mrs. Lincoln usually obliged . . . Joe in the office, always good for a quarter till pay-day . . . Alf, Sam and James, (orderlies) "Jacks of all trades" . . . and Jessie the maid, the good samaritan always . . . The days when smoking was taboo!!! the sight of one seen smoking was sufficient cause for the Medical Superintendent to call an emergent meeting at eleven p.m. to inform the student nurses that anyone found smoking again would be expelled without further warning . . . Diet Kitchen days??? when the dietician asked the nurse, who tossed the egg-shells in the coal skuttle if she had been brought up at home or in an orphanage . . . "By the way girls, did you put salt in the soup?" . . . Bloomers and stockings were the popular receptacles for stolen tidbits, wonder what the girls do nowadays? . . . Remember the days of extreme modesty?, of high collars and high laced boots, (what bags we were!) . . . Remember the road race in the O.R. between Miss Murphy and Mary Maclear (1916)? . . . or the day Bella Lamont (1919) saved the day in the diet kitchen, when the cook chased the cookee, brandishing a long wicked knife, while the other nurses in the dining room remained petrified. . . . Remember the Junior who drank "wine of epecac" thinking it was a refreshing beverage? . . . Christmas morning, carrying around the little organ and singing carols . . . or the proby wondering if ghosts really existed, when the bell in the vacant room (from where the patient had just been removed to the morgue) went out of order and rang continuously!!! . . . and the day the first triplets were born in Maternity; the Supt. phoned for the daily report and the white faced, excited nurse, taking it to the office exclaimed "Dr. Salmon has just had triplets." "Impossible" said the Supt. . . . or the day Dr. Deane making rounds with Miss Sara Macdonald (then supervisor) and the patient telling the doctor feebly, "I had rotten eggs for breakfast this morning." and Dr. Deane turning to Miss Macdonald and saying "When my patient is ready for rotten eggs for breakfast I shall let you know." . . . The day in the O.R. when Dr. Bouck complained about the fishy atmosphere, the patient's name was Herring, the Doctors were Salmon and Fish and the nurse was Miss Whale (1917).

A NURSE'S SOLILOQUY

It's a queer world we live in
When you're living the life of a nurse,
For the opinion some have of us
Would almost make you worse.

Some think a nurse is wicked,
That they live their lives of fun,
That they are ready, yes eager, for pleasure
In the wildest life they can run.

But others think we are angels,
With our crown of white on our head,
Gladly helping our neighbors,
Willing to serve till we're dead.

Now I hope with all my heart, dear,
I have strength to do what is right,
May I ever be an angel,
Wearing my crown of white.

INCREASING COSTS HIT THE ALUMNAE

\$ \$ \$ \$ \$

The fall meetings of our Association have taken on a very significant nature. We are faced with finding the best means to meet greatly increased expenses.

Figures presented at the October meeting by the President and Treasurer show that current expenss which cover meetings, flower fund, banquet, etc. have practically doubled since 1945. The November meeting passed almost unanimously the motion to increase our annual membership fee from \$1 to \$2. This will take care of one of our problems.

For the first nine months of this year, there has been more spent on hospitalization than has been received to cover the ntire year. The reason is threefold:

1. Increased Hospital costs.
2. Increased number hospitalized.
3. Several very large hospital bills.

We cannot deplete our already insufficient reserves. What is the best solution? After a great deal of study and breaking down of hospital accounts, the executive presented the following suggestions.

1. Increase hospitalization fee to \$3 with a time limit in the hospital.
2. A set time limit in hospital days, 14 to 21 days.
3. Pay benefits only for basic Semi-Private room rate with no extras.
4. No increase in hospital fee, limit amount to be paid on each bill.

After much discussion in two meetings, the November meeting decided to postpone decision until the January meeting.

Our Alumnae business must be on a sound actuarial basis, yet it is very essential to keep the good fellowship. The best interest of all Alumnae members must guide our decision.

Further notice will be mailed to all out-of-town members regarding hospitalization following the January meeting.

312-26 Ave.

Your membership fee of \$2 will be due before March 31, 1949 and should be sent to the Treasurer, Mrs. D. Thompson at 321—26th Ave. W., or the membership Convenor, Mrs. W. Brigden at 728—12th Ave. W.

YOURS EXECUTIVE.

EXECUTIVE FOR 1949

PRESIDENT	Mrs. H. Kirkpatrick (Marrs '27)
1st VICE-PRESIDENT	Mrs. H. J. Moore (Rose '46)
2nd VICE-PRESIDENT	Mrs. C. Maberley (Fleming '27)
RECORDING SECRETARY	Miss L. Shantz. '33
CORRESPONDING SECRETARY	Miss I. Robertson '44
TREASURER	Mrs. D. Thompson (Tuff '41)
PRESS REPRESENTATIVE	Mrs. H. Johnston (Hairsine '36)
WAYS & MEANS CONVENOR	Mrs. W. Treanor (Morris '26)

Comparative Statement of Disbursements

Showing increases in Operating Costs.

YEAR	1945	1946	1947	1948 to Sept. 30.
Stationery, stamps & Printing	103.75	111.89	143.68	111.71
Canadian Nurse	6.30	6.30	6.00	5.65
Flowers	69.50	86.59	81.50	95.50
Meetings & Refreshments	45.50	78.72	78.20	79.14
Year Books	61.83	153.09	292.82	
Hospitalization	511.49	712.47	771.74	1124.50
Donations	350.15	230.00	87.00	185.00
Banquet	150.08	165.66	188.00	215.04
Gifts	45.95	52.19	41.22	68.45
Overseas Parcels		28.60	18.78	20.50
Sundries	161.35	26.16	27.87	22.92

Our small daughter had been ill for ten days and I had been up every night. Finally I issued an ultimatum to my husband: "You'll have to answer her calls tonight. I'm all in."

During the night I was awakened by a feverish little voice calling, "Mama, I want a drink of water." Hurriedly I poked my sleeping husband and reminded him of his duty. Without a word he threw back the covers, climbed out of bed, went to the bathroom and, after filling a glass of water, proceeded to drink it himself. Then he put away the glass, came back to bed and went right off to sleep.



REMEMBER FEBRUARY 1st

AS THE DATE FOR

Our Show This Coming Year.

Let's all get out and Sell Tickets—

MAKE IT A SELL OUT.

RUBY ELDER

(Ways & Means Convener)

Financial Statement, Year Ending Dec. 31st, 1947.

RECEIPTS

Balance forward Dec. 31, 1946	
Current Account	
Imperial Bank	247.69
Savings Account	
Imperial Bank	3051.42
Dominion of Canada Bon	1000.00
	<u>4299.11</u>

MEMBERSHIP FEES:

1943	\$ 3.00
1944	3.00
1945	6.00
1946	12.00
1947	489.00
1948	23.00
1949	8.00
1950	4.00
1951	2.00
1952	2.00
1953	1.00
1954	1.00

Year Books \$ 31.25

Dance - October 63.75

Hospitalization:

1947 754.00

1948 12.00

Bond Interest—

Dominion of Canada Bond	30.00
Bank Interest—Savings Acct.	16.30
Sundry Receipts	7.50

\$ 5767.91

\$ 5767.91

DISBURSEMENTS

Flowers	\$ 81.50
Printing, Stationery, Postage (incl. Bulletins)	141.23
Canadian Nurse	6.15
Auditor's Fee	15.00
Meeting Expense	49.96
Year Books	292.82
Sundry Presentations, etc.	41.22
Valentine Party	32.00
Banquet Expense	188.00
Overseas Parcels	21.23
Hospitalization	771.74

DONATIONS:

Old Folks Home	5.00
War Memorial Fund	10.00
I.C.N.	10.00
West Break Home	10.00
Canadian Cancer Society ..	25.00
Calgary Community Chest ..	25.00
	85.00

Sundries Expense	18.77
Balance forward, Dec. 31, 1947.	
Current Account	\$ 24.81
Less o/s Cheque	4.50

	20.31
Savings Account	3002.98
Dom. of Can. Bond	1000.00

4023.29

Certified correct on the basis of information furnished.

(Signed) R. S. FLETCHER, Auditor.



PLEASE NOTE—Make cheques, Money Orders, Postal Notes, etc. payable to Alumnae Association of Calgary General Hospital. Please include stamps and exchange when necessary. United States Postal Notes are non-negotiable in Canada.

Frost On The Window Pane

Stenciled on the window pane
Patterns white and fair
Silently they formed last night
In the Midnight Air.
Lacy and so beautiful,
They seem to all our eyes
As we note the figures rare
And the shapes of every size.
No human hand could fashion,
Or could mould these shapes so fair,
God formed them silently last night
Out of the midnight air.

—Selected.